



# Tobacco Prevention Resources

## Secondhand Smoke



### What are the dangers of secondhand smoke (SHS)?

- Over 4,000 chemicals are found in a single puff of smoke. 1
- 3,000 Americans die each year from lung cancer caused by SHS. 2
- Secondhand smoke can cause lung cancer in healthy nonsmokers. A nonsmoker who is married to a smoker has a 30% greater risk of developing lung cancer than a nonsmoker living with a nonsmoker. 3
- 62,000 Americans die each year from heart disease caused by SHS. 4
- SHS causes thousands of new childhood asthma cases in the US every year. 2
- Children whose parents smoke are more likely to suffer from pneumonia or bronchitis in the first two years of life than children who live in smoke-free households. 5
- SHS can affect nonsmokers by causing eye irritation, headaches, nausea, and dizziness. 2,6
- More young children are killed by SHS than by all unintentional injuries combined. 2

### How can a smoker protect their child from secondhand smoke?

- Smoke outside, at least 25 feet from the house.
- Do not smoke in the car with children. 2
- Ask adults who care for your child, or who visit your home, not to smoke near your child. Encourage them to take it outside for your child's sake. 1
- Make a rule that smoking is not allowed inside your home.

### Secondhand Smoke in Utah

- 4.3% or 31,900 of Utah children (age 17 or under) live in a home where somebody smokes inside the home. 8
- 59% of Utah youth are exposed to secondhand smoke in outdoor settings every week. 9

1. [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
2. [http://cancercontrol.cancer.gov/terb/nci\\_monographs/MONO10/MONO10.HTM](http://cancercontrol.cancer.gov/terb/nci_monographs/MONO10/MONO10.HTM).
3. <http://www.cdc.gov/nasd/docs/d001001-d001100/d001030/d001030.html>
4. *Reducing Tobacco Use: A Report of the Surgeon General*. 2000
5. Dybing, E. & Sanner, T. (1999) Passive Smoking, Sudden Infant Death Syndrome (SIDS) and Childhood Infections. *Hum.Exp.Toxicol.* 18, 202-205.
6. Laboratory Centre for Disease Control, Health and Welfare Canada.
9. TPCP Youth Media Survey, 2004

For help in quitting, call 1-888-567-TRUTH or visit <http://www.utahquitnet.com/>

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